

Fuel your movement: Eat smart, move better

This webinar explored how to fuel physical activity with smart nutrition. Kathleen explained the role of macronutrients, clarified common myths, and provided practical tips on balancing food intake to support energy, recovery, and wellbeing.

TOP TIPS

- **Balance meals:** Combine protein, healthy fats, and fibre-rich carbs for sustained energy.
- **Even protein intake:** Aim for 15-25g per meal across the day to support recovery and fullness.
- **Pre- and post-workout fuel:** Eat a small carb-based snack before exercise; follow up with protein and carbs.
- **Keep moving:** Regular movement, including incidental activity, has long-term health benefits.
- **Food first:** Whole foods should be the priority over supplements or processed products.

KEY CONCEPTS

- **Protein:** Needed for repair and strength. Active people may need up to 1.6g per kg body weight.
- **Fats:** Unsaturated fats (e.g. olive oil, nuts) are essential. Limit processed and trans fats.
- **Carbohydrates:** Main energy source for brain and muscles. Fibre-rich carbs aid digestion and mood.
- **Marketing myths:** Don't be swayed by "high protein" claims—check ingredients and nutrition labels.
- **Fibre and gut health:** Fibre supports digestion, blood sugar, and gut-brain connection. Aim for 30+ plant foods weekly.
- **Supplements:** Creatine may aid cognition and muscle support, especially for women. Only add supplements after getting the basics right.

LIFESTYLE FACTORS

- **Movement matters:** All movement counts. Use stairs, walking meetings, or short bursts of activity.
- **Fasted training:** May aid fat burn but can reduce performance—best evaluated individually.
- **Women's health:** In midlife, focus on resistance training and higher protein to support bones and muscle.

For more tips and recipes, visit:

- myeverydaywellbeing.com, Dietitians Australia and Sports dietitian Australia
- Seek personalised advice from an accredited dietitian/nutritionist. Reach out to [Kathleen](#) for a personal consultation

Speaker: Kathleen Alleaume
Nutritionist & Exercise Physiologist,
[The Right Balance](#)

